



MAHARSHI AMARA (1919-1982)

WE TEACH MEDITATION AS TAUGHT BY THE RISHIS

LIGHT

is the Intelligent Power behind all Creation. Light is God.

LIGHT WORK

is assisting all life to raise its levels of Awareness and Experience for a better living.

LIGHT BEINGS

are the Rishis living in this and higher planes who gather and radiate the Light of Knowledge and Energies.

SAPTA RISHIS

are the Hierarchy; the chosen Masters who guide all beings to live in Peace and Perfection here and then go back to their Source, the Light.

MAHARSHI AMARA

was a special Master who was in direct Contact with the Sapta Rishis and who channelled Knowledge and Guidelines for the New Age of Higher Living.

GURUJI KRISHNANANDA

was the direct Disciple of Amara. He developed Saptarshi Dhyana Yoga, the Path of the Rishis and established the Sapta Rishis' Spiritual Centre at Taponagara.

SAPTARSHI DHYANA YOGA

is a unique way of Meditations and positivising emotions and thoughts taught by the Rishis for proper living of both the Spiritual and Material Lives.

THE AFFIRMATIONS

- ★ We are particles of One Great Light (God)
- ★ Love is our nature
- ★ Silence is our language
- ★ Meditation is our way
- ★ This world is our sanctuary
- ★ The entire Creation is our family
- ★ God is our Guru; Rishis are our Guides.

DOORWAYS

Volume 11 Issue 5

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REFLECTIONS

Guruji Krishnananda

(Excerpts from old Newsletter – October 2010 issue)

When I move in the outside world and look at the people ever-busy with their day-to-day living, I wonder if they are aware of the great changes that are expected to take place in the near future. I wonder if they are aware of the realities like the Astral worlds, Light Age, Light Masters and many other realities! I wonder if they have ever thought about the life after this! Then, I wonder how would they prepare for the Changes! How would they prepare for the New Age! Then, I would think of people in other parts of the world.

Then, I speak to the Light and wait for the answers. The Light has its ways of speaking. Not through the words. But in a language of silent Awareness which is direct and distinct.

The Light says: Do not worry. Everyone will know. Everyone prepares. Some do it fast and some slowly. They need not know everything at this level. There are other levels. Many Masters are working at other levels educating and guiding people. All these will not be known to the people at the physical level. It is not required.

Then, I wonder at the way the Light takes care of those who are awakened and those who are not awakened. Of those who know and those who do not know. I cannot stop wondering.

I, again, wonder at a Revelation. About Transformation.

If a common person realises that he should not tell lies and he stops telling lies, it is a Transformation enough for him. If a policeman realises he should not take bribes and he stops taking bribes, it is a Transformation enough for him. If people, in any walk of life, realise that they should give up their un-spiritual lives and begin following the spiritual ways, it is Transformation enough; enough to enter the New Age. Then, he will become Light soon.

For those who are awakened, these transformations are not enough. They have to transform in all aspects, naturally. More knowledge demands more transformations.

The Light Channels Movement is spreading well. More than hundred Meditator-Volunteers in different cities and towns are doing a great silent work. They approach the schools and help students channel Light. And the children are doing a great work of channelling. This work is soul-satisfying.

The Light has chosen children first to spread. The Adults should join them. Light channelling for seven minutes can happen in offices, factories, hospitals....everywhere. Light helps everyone in every way.

Light Channelling is non-religious and non-commercial activity. ■



MANASA FOUNDATION (R)

Taponagara, Chikkagubbi, (Off Hennur-Bagalur Road) Bangalore Urban - 560 077. INDIA.

Phone : (080) 2846 5280, 99000 75280 (10 AM to 5 PM)

e-mail : info@lightagemasters.com website : www.lightagemasters.com

MEDITATION CLASSES**Held in Taponagara**

on Sundays (10 AM - 11 AM)

Held in Bangalore city on

Sundays (7 AM - 8 AM)

at Anjaneya Temple
Mahalakshmi Layout

Mondays (7 PM - 8 PM)

at Anjaneya Temple
Mahalakshmi Layout

Tuesdays (7 PM - 8 PM)

at Sri Aurobindo Complex
1st Phase, J P Nagar

Wednesdays (7 PM - 8 PM)

at Arya Samaj
C M H Road, Indiranagar
at Hymamshu
4th Main, Malleshwaram

at Maruti Mandira
Vijayanagara

Thursdays (7 PM - 8 PM)

at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Fridays (7 PM - 8 PM)

at Indian Heritage Academy
6th Block, Koramangala

Saturdays (7 PM - 8 PM)

at Hymamshu
4th main, Malleshwaram
at Devagiri Venkateshwara
Temple, BSK 2nd Stage

Held in Anekal

on Mondays (6 PM - 7 PM)

on Tuesdays (6 AM - 7 AM)

External Guidance is available by post and e-mail. Please refer column 1 on page 6 for details.

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NEWSLETTER

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The Light Channels Volunteers who made the World Channels Day 2016 a great success pose for a group photo with Guruji and Amaraji's pictures.

NEWS AND NOTES

- Orientation class will be held in Taponagara on Wednesday, 4th May 2016 from 11AM to 1PM. External Guidance students who have access to the webcast can also join through live webcast. Those who wish to participate may please contact Manasa office and register before 30th April 2016.
- Close to 100 Meditators gathered in Taponagara and meditated on the occasion of Mahashivaratri on 7th March 2016.
- Meditators gathered in the Meditation hall of Taponagara and channelled Light to the whole world during the Solar eclipse on 9th March and the Lunar eclipse on 23rd March 2016.
- About 160 Shambala Group members gathered in Taponagara and about 100 members joined from their own places on 13th March 2016 for special initiations from the Shambala Masters.
- The RA group members met on 20th March 2016 to receive special energies of RA.

PROGRAM AT TAPONAGARA

Sundays Lectures:
11AM - 12 Noon
Light Channelling:
12 Noon - 1 PM
10-4-2016 Light Channel Volunteers meeting at 2PM

MEDITATION ON SPECIAL DAYS

06	Wed	Masa Shivaratri
07	Thu	New Moon Day
08	Fri	Chandramana Ugadi
13	Wed	Souramana Ugadi
14	Thu	Shukla Ashtami
15	Fri	Sri Rama Navami
16	Sat	Shukla Dashami
22	Fri	Full Moon Day
30	Sat	Krishna Ashtami

PROGRAM AT ANEKAL

On 11th April 2016, evening 6PM to 7PM, we celebrate the 9th Anniversary of our Saptarshi Dhyana Kendra at Anekal.

Apart from Meditation classes held every Monday and Tuesday in our Saptarshi Dhyana Kendra, Meditation classes will also be held in Shri. Manjunath Shastri's house at Gandhi Circle in Anekal Town, every Tuesday at 12 Noon. The classes will begin here from Tuesday, 12th April 2016.

Please visit www.speakingtree.in to read Guruji's blog and watch his videos.

Live webcast of Sunday lectures is available for students. Please contact Manasa office through email for details.

LIGHT CHANNELLING EXPERIENCES

(Compiled by Vaishali Joshi)

I am practising Light Channelling every day. Whenever I channel, I feel my body becomes very light and relaxed. One day I was very upset due to something, and was sad and stressed. When I came to the temple I had a feeling of heaviness and felt as if there is a huge block in my system. During the Light Channelling session as soon as Light descended on my body I felt that the block was removed totally and also felt very light and peaceful!

Later I came to Taponagara for the Special Meditation on Christmas. I sat in Guruji's Samadhi chamber and channelled Light for an hour. Though I am not a Meditator, I did not know how that hour passed and I also did not have my usual knee pain. It was an amazing experience!

- Mrs. Vijaya Laxmi S., a Light Channel at RLCC, Siddhi Vinayaka Temple, Cooke Town, Bangalore

I like Light Channelling. We are practising it for two years and I am in good health. When I channel Light I feel happy, my mind is fresh and relaxed, and my body is full of Light. When I am tensed I channel Light.

- Rithesh, Std. VI, Lords School, Hulimavu, Bangalore

During the Light Channelling session I could see and feel a lot of Light spreading within me and then spreading all over the place. I experienced a lot of Light.

- Amina Chanda, Std. VII, Lords School, Hulimavu, Bangalore

After practising Light Channelling, some of the students have improved, and some students who would never express themselves earlier are now able to do so without fear. The family condition of some of the students has improved. Some parents who ignored their children are taking interest in their studies and attending PTA regularly.

- Principal, Lords School, Hulimavu, Bangalore

TAPONAGARA DIARY

Seema Almel

Maharshi Amaraji's Birth Anniversary was celebrated in the February Residents Meet in a very special way. Little children enacted some incidents of the great Master's inspiring life. The special moment when Amaraji met Vishwamitra Maharshi astrally was brought to life by Rakshit and Om. Nihar played Amaraji, Rakshit was Amaraji's Astral body and clad in dhoti, a wig for beard with kamandalu in hand, was Om. Amaraji's message of humility was also conveyed innocently by the kids. The narrative was elegantly presented by Swastika. The play was directed by Ms. Uma Maheshwari, a school teacher by profession.

Since Amaraji's Birthday is marked as the World Channels Day, the famous song 'Heal the World' was sung by Taponagara's teens and pre-teens – Om, Nihar, Satvik, Upasana, Prati, Swastika, Shruti and Ishita. The little ones carried placards with words like 'Heal', 'Love' and 'Peace'. All on stage were specially dressed; boys looked suave in blazers while girls angelic, with flower tiaras. The concept, direction and co-ordination was done by Ms. Shruti Sudhakar, a Meditator and human resources professional.

All the kids were given participation gifts. Appreciation was expressed towards all those who worked behind the scenes for many days. The legacy of Amaraji continues through these kids. February's Residents Meet was a gift from Taponagarites to Amaraji and Guruji. ■

LIGHT CHANNELS WORLD MOVEMENT

This is a Movement in Conscience. A Movement to make this world a beautiful place full of Love and Peace. A Movement with no sermons or banners. A Movement where just channelling and spreading the Light are enough. Channel the Light and the Light will do everything. Everything that words cannot do.

When we channel and spread the Light, it enters others' hearts and homes and transforms the darkness in thoughts and emotions. Then the individuals transform. With the individuals, the world transforms. It becomes a place full of Light.

This is not the physical Light but the subtlest Light from the Core from which all creation has come. This Light has everything: the Power, Wisdom and the Future. And it is everywhere, unseen.

Let us channel and spread the Light for 7 minutes daily when we wake up and go to sleep and transform the world.

This Movement was launched on 18-5-2008 by the Galactic Council, the Sapta Rishis, through Guruji Krishnananda.

Spread this Message to all.

Visit www.lightchannels.com

SHAMBALA PRINCIPLES

These are the seven principles given by the ancient Rishis which are practised by the people living in Shambala, a city of Light on earth. They live in Peace and Perfection without ageing.

- 1 Experience the Light in your Core and spread it around.
- 2 Experience and spread Love.
- 3 Experience the Oneness of Life in everyone and everything.
- 4 Carry on the daily activities first in mind, then verbalise it in soft whispers and then actualise them in deeds.
- 5 Observe the law of secrecy before achieving any goal by minimising talks about it.
- 6 Gear up the body, mind and intellect to fight out the negativities.
- 7 Draw your own lines of contentment with the material requirements to pursue higher Spiritual goals.

THUS SPOKE GURUJI

Excerpts from Guruji's talks
(Compiled by Shobha K. Rao)

April 2005

No person is essentially evil. Sometimes we think that we have a lot of negativities in us. It is possible, but we are essentially Divine and not evil. For various reasons, may be out of ignorance or out of a lot of other reasons like that, we would have allowed a lot of negativities to pass through us and we would have manifested negativity. But we are not evil and we are not totally negative. Sometimes we feel so much of negativity in us and say, 'I am not a good person.' But we should never condemn ourselves. All of us are very great people. We must remember that we are very good. We cannot move on spiritually if we presume that we are more negative or all negative.

We know that the body, mind and intellect are interlinked. The experiences of the body, the emotions of the mind and the thoughts of the intellect are all interlinked. Each of these entities affects the other. If we have very happy emotions, the whole system of the body, mind and intellect will be happy. If we feel we are negative, if we think we are negative then this negativity is reflected in the body, mind and the intellect. It is very simple. This we understand. There is a little more, rather much more to it. We are part of a system. We as individuals are part of this society. Our health affects the society. Again, the society is a part of a state, nation and we are a part of the world. What we think, how we think, how we behave, ultimately has effect on the world. It is in this context I was telling that we should feel guilty about the tsunami. Perhaps we should have channelled more of the positive energies. Perhaps, we should have had more of good thoughts and we should have had more of only good emotions. In this Creation all life is interlinked. Kindly think about this.

In this Creation, everything moves. There is motion at all levels. The galaxies are moving, the solar systems in the galaxies are moving and of course the planetary systems and the earths are also moving. Time moves. Time does not stand still. The only entity that does not move is God. He is motionless. Although in the Creation, He Himself moves but at the highest level as Parabrahma, He is motionless. There is no motion there. Even the time stands still there. We are trying to experience that God, Parabrahma, who is motionless. We are not trying to establish contact with forms and we are not trying to experience the forms. In Meditations, we try to experience Parabrahma. That is why we have to establish a motionless state in this entire system. That is why Meditation is the process of silencing. Establishing this motionless state in body, mind and intellect is an important factor in Sadhana. That is why Meditation is so important.

I received a letter from a very much educated person who was learning Meditation from nearly two years. This person is very good, very conscious, but when I read the letter, I felt a little sad. She said, "I want to have a direct experience of God. I don't want the Sapta Rishis in between!!" As if the Sapta Rishis are holding her back from experiencing God!! I felt sad. It is the Rishis who help us establish this relation and it is the Rishis who give us knowledge and techniques. And after using the techniques, we say, "We don't want them!!" It is mere ignorance. She also said, "I don't want this Astral travel. It is a waste of time." Again there is a lot of ignorance about the Astral travel. We don't do Astral travel for thrills. Some day we have to travel in space, we have to travel astrally. For that, this is actually a kind of training. Anyway,

I always learn lessons. I should have insisted on her taking up lessons systematically. This person was in great distress and out of compassion I gave her a technique directly. I went on guiding and answered hundreds of questions, wrote pages and pages of answers and clarifications. And finally I realized that she thinks, "The Sapta Rishis are a hurdle!!"

A person asked me last week, "What is the obstacle in Sadhana and in relations between people?" I said, "It is the Ego." Ego makes us think that we are right. It makes us think that only we are right and perhaps there is nothing wrong in what we are doing. But we think that others are wrong. This brings a kind of arrogance in us. This makes us unreasonable. This makes us lose respect for others and for life in general. Ego makes us lose relations even with the Rishis. We forget the guru and we think we are right and perhaps the Rishis are wrong. Ego is dangerous. It not merely damages, but it also destroys. Sometimes I have seen that when we allow this ego with great noble intentions to dominate us, we begin presuming that we are very great people. I have seen very good people who begin very good Sadhana and who reach very great heights, start teaching others. They suddenly begin presuming that they are very great people. They are great, no doubt. But suddenly one day they begin thinking that they are greater than the Rishis. They become gurus. And suddenly I find them nowhere in the Spiritual area. Suddenly they vanish. This Guru's position is very dangerous! I don't know from where this ego comes. Being humble is such a difficult thing. I have said this thousands of times that you should have met my Guru. You would have known what humility is. ■

EXCERPTS FROM TALKS BY SHRI JAYANT DESHPANDE

(Compiled by Shobha K Rao)

26-10-2014

In the context of some questions asked to me, I thought it is important for us to understand about the life force. Life force as explained by Guruji is a very special energy that we get from Lord Mahavishnu. He told us that after this Material Cosmos was created energies were brought down from different Divine Lokas, and one such great energy that was brought down that is available in the entire Material Cosmos is this life force. This life force is present everywhere, even in the places where there is no life. This life force is present in the space between the galaxies. Guruji had referred to it as the dark space between the galaxies. Guruji used to say that in our systems around the Anandamaya Kosha there is a small portion of the unmanifested sky, which is full of this life force. This life force is behind all the creative activities like music, art, literature, poetry and also in the dreams that we carry.

Guruji used to tell us that to manifest life force we have to celebrate life. We have to be joyous, happy and cheerful. It makes us enthusiastic. This life force is the one, which sometimes puts us in a mood of singing and dancing. And Guruji used to tell us that we should not suppress it. We feel alive when this life force is active in us. The life force will be manifest in a person who is full of life. He will be always cheerful, joyful and somehow this cheerfulness will touch us and we also become very happy and joyful in his presence. We can see this in small children.

It is this life force, which brings hope in the most adverse conditions. I feel when we manifest the life force by being cheerful, joyous and always happy, we will also be in a kind of communion with God. We will of course be manifesting God through our living at such times. At all times when we manifest anything that is

positive through our living we will be connected to God or the Light. Light will be flowing through us.

Guruji used to say that to manifest life force we should never keep a sad and sullen face. We have to manifest the life force by being cheerful and by spreading joy. By doing this, we will be doing a kind of service to God Himself. There are so many ways to serve God and the Rishis. It is not just taking up some work directly. Just by living, we serve the Rishis and God.

When our thinking is expanded, when our emotions are positive we will be manifesting this life force. Enjoying the beauty in nature is part of manifesting this life force. Experiencing the sky for example, wondering about its vastness, wondering about the diversity in this Creation and in nature comes from this life force only. Experiencing music, art and all such higher things that God has gifted is part of manifesting the life force. Manifesting and experiencing the humanness is also part of manifesting the life force. Being emotional, sentimental, being excited about something, it could be something new that we come across, not necessarily something material it could be a new idea, it could be a new expression, a poetry that we come across, could be anything, all that is part of manifesting the life force.

When we spend time with nature, when we look at the sky and even when we spend time with children we will be absorbing this life force. Being a bit mischievous is part of manifesting the life force. The mischief adds beautiful colours to our life. Life will not be boring and dry. It will be enjoyable. Not allowing failures to make us feel dejected, never giving up, comes from the life force. Being hopeful always comes from life force. When we do this we will be manifesting the life force. Being passive is the opposite of

manifesting the life force. Being active, being dynamic comes from the life force.

Sometimes people say that they have lost interest in the material world. They want to focus only on Sadhana. Now we know that balancing both parts of life, material and Spiritual is Sadhana. In fact we slowly understand that whole life is Spiritual. We cannot ignore any part of life. The life force active in a true Spiritual person will make him live this life fully.



What really connects us to God is Love. When there is love then any ritual becomes unimportant, higher or lower. In love we go beyond the ritual. That is what happens in Meditation also.

The rituals that are prevalent involve a lot of Mantras and Shlokas etc., and they engage us in a kind of physical activity. This does not help in silencing our system and entering into a communion with God. Rishis have given us higher rituals which one can practise without spending any money, and just by sitting in a corner and entering into a kind of communion with God. We have to wait for others to understand and follow this.

In some situations we can take a stand firmly and say, 'no this is the way we are going to follow, without any rituals.' Sometimes, we cannot take a stand like that. We may hurt others by doing that. At such times, we have to just go along with the flow. We may have to follow the ritual physically not to hurt others, but mentally we need not follow, we need not accept. Nobody can impose anything inside us. Not hurting others becomes higher than our own principle. In love we accommodate, we sacrifice. Love is the highest principle. ■

EXTERNAL GUIDANCE

External Guidance is provided by post or e-mail for those who cannot attend the Meditation Classes. The Registration fee for guidance in English is Rs. 2500, and for guidance in Kannada, Marathi and Hindi, it is Rs. 1300. For students living outside India the Registration fee is Rs. 4500. The fee includes 14% service tax, one year's Newsletter subscription and Textbooks.

Thereafter, the yearly Renewal fee is Rs. 2000 for guidance in English, and Rs. 900 for Kannada, Marathi and Hindi. For students living outside India the yearly Renewal fee is Rs. 3500. The fee includes 14% service tax and one year's Newsletter subscription.

- ◆ All instructions are sent by post or e-mail (as chosen by the students) regularly.
- ◆ Initiations are made by the Rishis astrally. The progress is also monitored by them astrally.
- ◆ All questions and doubts are attended by Sri Jayant Deshpande.
- ◆ The students are expected to study the Text books thoroughly and all other publications to understand Sadhana and our Path.
- ◆ The Practice Reports have to be sent in time in the stipulated format. If the Practice Reports are not received in time, it will be presumed that the student has stopped meditating.

DDs are to be drawn in favour of "Manasa Light Age Foundation ®" payable at Bangalore.

SPECIAL GUIDELINES BY GURUJI

- ◆ Have patience. Do not expect to experience Samadhi the first day! Do not expect miracles. But miracles do occur silently when we pursue Sadhana genuinely.
- ◆ Each one faces struggles in a different way. But struggles vanish with practice.
- ◆ Each one has experiences in a special way. But do not give too much importance to these. The experiences are good. But they are not the measures of Spiritual progress.
- ◆ Do not try to analyse the processes during Meditation. Analysis does not help Stillness.
- ◆ Thoughts are common. Do not worry. Do not try to drive them away. Just ignore them. There is no other way.

EXCERPTS FROM TALK BY SHRI. RAGHAVENDRA SOMAYAJI

(Compiled by Shobha K Rao)

My friend and many of his colleagues read the book, '2012 – End or Beginning', and all somehow concluded that the world would come to an end in December 2012. Throughout the book we had mentioned that the destruction is only a possibility and we had emphasised a lot on the importance of our transformation. What was really expected to happen on that day was a Shift in Consciousness, a Shift from a life based on fear, cut throat competition and endless greed, to a life based on unconditional love, compassion, oneness, sharing and caring.

In my understanding not allowing any physical destruction on that day was a masterstroke by the Rishis. This is because all the global fear that was built up over the years by misinformation or misunderstanding was wiped out by the morning of 22nd December 2012. By not allowing the global destruction the Rishis ensured that all the built up fear was erased within a single day. If such global fear was not created by the people then probably the Rishis would have brought about the Shift in Consciousness as predicted.

As we have understood from Guruji, our preparation should always be at the Spiritual level and should always be now, immediate. We somehow always wait for the so-called deadline to complete our projects. But this mindset does not work with our Spiritual goals because any pursuit of a deadline involves fear and stress, and we cannot accomplish Spiritual goals under the influence of fear and stress. Any Spiritual growth is possible only in the presence of love, peace and joy. As the Rishis have always suggested we should live as if today is our last day on this earth and focus all our energies on our transformation now.

We all know that the opportunities do not come in the future. They always come in the present. By checking our own state of mind frequently throughout the day we will be engaging in Sadhana in the present.

Maharshi Amara had said that manifesting Divine love is the fastest way to liberation. He had said such Divine love can even clear our Karmas and make us pure instantly. Since we are unable to manifest such love we are required to meditate regularly and purify ourselves. In fact Divine love results from the realisation of oneness with the other beings. It is because of this practising the third Shambala principle after practising the second Shambala principle is so important. This is what we really need to experience and learn now - love, oneness, compassion and sharing.

So the dawn of the Light Age or the Shift in Consciousness begins with the dawn of Truth within us because we can also call the New Age, the Age of Truth. Only when we are true to ourselves our true nature will become visible to us and we can get in touch with our soul. Once we recognise our superficial nature and find that it does not match with our deeper nature we make a choice to change. With this choice and efforts our true nature can surface and manifest. Only then we can say we are in tune with our inner nature. Once we reach this stage it would be easy to be in tune with our body, mind and intellect, our surroundings, nature, our world and the Universe. This would be our own Shift in Consciousness. We would then be ready to flow with the Shift in Consciousness in the external world. ■

QUESTIONS AND ANSWERS

(Compiled by Shobha K Rao)

Q: Why do people meet each other in several lifetimes?

A: There are various reasons. Two people like each other. It could be friends, need not be a man and woman who are married. People meet to experience life, perhaps together. But we in this Path meet to take up the work of the Rishis. The purpose of our meeting is always for the work first and then to have a personal relation, which is good of course.

Q: Does Light solve our problems?

A: Light solves all our problems. Some problems are directly solved, sometimes immediately, instantaneously. Some problems cannot be solved miraculously, but Light gives us the courage and the wisdom to live with the problem and the problem vanishes gradually. If we really choose from the level of the soul, the Light takes over. We have to experience this to accept this fact.

Q: How do we connect to you, the Rishis or with any other person?

A: If you think of a person you get connected at the level of the mind but if you connect with Light then you will be connecting with the person at the level of the soul. To contact and connect with a Rishi, me or anyone: imagine the form of a Rishi, take his name once, pray to him. Imagine there is a beam of Light from you to the Rishi, which connects both.

Q: Every soul comes from the same source. Then how is it that the levels of growth are different?

A: Originally everything has come from the Light, from God. God created many Universes, Lokas. He created souls in these Lokas. So when a soul comes from one of these Lokas, its source is not God but that Loka. Many souls are created for specific functions. These souls may not be highly evolved spiritually. God also has created souls who live in the nether worlds. These souls are dark souls, not good. So it is not true that we all come from the same source although originally we are from God Himself. The second most important factor is that we have freewill. Each one exercises freewill in his or her own way and either grows or 'un-grows'. The levels of Spiritual growth are naturally varied and different.

Q: Is it possible that an enlightened soul becomes dark?

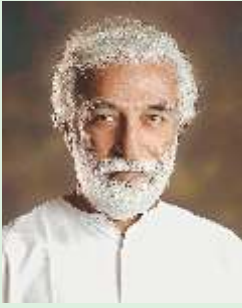
A: No. There are 14 planes. We are in the 7th plane. The planes below this 7th plane are the dark worlds. Souls are created to live there specially. They are dark souls. An enlightened soul will never become a dark soul. The enlightened soul may also have a fall, may slip down, theoretically. But actually once a person is enlightened he will not slip down.

Q: I desire to master Computer programming. Does it come in the way of Sadhana?

A: Nothing comes in the way of Sadhana, nothing except you. If you really want to meditate and pursue growth, you will do it. If you are not serious, you will find excuses. ■

LIST OF OUR PUBLICATIONS

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Light Body & Other Realities	100/-
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Master-Pupil Talks - Vol 2	75/-
iGurujii Vol 1,3,4 & 7	each 150/-
iGurujii - Vol 2	120/-
iGurujii - Vol 5	100/-
iGurujii - Vol 6	75/-
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Gurujii Speaks (Vol 4)	250/-
Gurujii Speaks (Vol 5 & 7)	each 200/-
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The Book of Reflections - Vol 3	150/-
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GURUJI KRISHNANANDA (1939 - 2012)

MANASA FOUNDATION (R)

established in 1988 by Guruji Krishnananda, is devoted to Light Work and conducts Meditation Training Classes in Taponagara & Bangalore city.

MANASA

is a budding settlement of Meditators near Chikkagubbi village 20 KMs away from Bangalore. Amara had a Revelation in 1935 about the activities of the Rishis and about a future City of Light here.

Cosmic Tower, Kundalini Tower and Tapovana are unique places here for Meditation.

A unique field of energy called 'Manasi' is built around Taponagara and special energies are stored here.

ANTAR MANASA

is the Birthplace of Manasa, at Nadagowda Gollahalli, one km. beyond Taponagara. It has the hut and other structures where Guruji lived from 1987 to 1992.

STUDY CENTRE

is a unique Centre for Studies on Spiritual Realities at Antar Manasa, guided by the Rishis.

JYOTHI PROJECT

is mainly for the village children. They are helped in their school studies and are taught Shlokas, Bhajans, hygiene, General Knowledge and Computers. They are also encouraged to express themselves creatively through story-telling, drawing and painting.

VISITORS

are allowed on all days from 10 AM to 5 PM for Meditation.

APPEAL

Please help us in our service. (Cheques / DDs in favour of "Manasa Foundation") Donations are eligible for 80-G Concession under Income Tax Act.

SPIRITUAL EXPERIENCES OF MEDITATORS AND EXCERPTS FROM THEIR MAIL

(Compiled by Shobha K Rao)

I have realized that I should not judge people. I am often wrong in judgements. I introspect, I turn to Light more easily and get help. I trust the Rishis and I am grateful to them for all their help.

– Nandita Vijayan

I lost my handbag recently, which contained my passport and jewels. I prayed to the Light. The security in the mall immediately informed us that the handbag was safe. I was very much thankful to Light. I am depending on Light for everything and feel so confident that Light is always there for me.

– Anila Lankadasu

After practising Meditation for just one day, a six-month old painful, swollen, bruised, stiff and fractured finger became painless, most of the swelling disappeared and I was able to bend the finger.

After Meditation, I felt like I had a very good night's sleep, my energy was restored and I was able to work hard physically and was able to think with a calm mind. At the end of the day I didn't feel overwhelmed with tiredness as I normally would.

– Lucinda Bach

In US when I was by myself almost the entire time, I took the opportunity to catch up with my Sadhana and read books and watch the missed Sunday classes. I am amazed at my own self, as to how quiet I can be, which I never thought I could be! And now there is tremendous stillness and the expansion even during the Shambala Meditation and Light Channelling, which is new to me.

– Nandita Patel

After I took up Meditation, I have become calm and I am able to study well. In my life, unexpected changes

are occurring. One day I couldn't meditate. I prayed to Sapta Rishis for help, and later I was able to meditate. Some time ago, I faced financial problems in my life. Again, I prayed to Sapta Rishis and all my problems vanished.

– Lilavathi V

On one of our trips, when going through the immigration formalities in Dubai, the immigration official was non-communicative and rude. I immediately sought Guruji's help and the formalities were completed. I am very grateful to Guruji for his help, as we could have missed our flight. I have countless other experiences where issues were resolved smoothly.

I continue to live for the moment. I have stopped worrying about the future as I know that whatever situation I am in, Guruji will always take care of me. As a result, I am a much happier person. I have also learned to ignore any negative feelings or words towards me, as I know that I am not that person.

– Anne Chapman

When I was doing some writing work, I was getting stuck. I spoke to Light and asked for help. Within minutes I was given a download on what to write and how to write.

On my visit to Manasa, I was in the RA Meditation hall. I could see myself from outside sitting there and then I was taken away to the stars during my Meditation.

I am always positive and at peace with myself. I am very rarely anxious about anything, as I know Guruji and the Rishis will take care of me. I am content with my life and ever so grateful that I have found Guruji.

– Vinamra Longani

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